

# Comments from NC residents who have used QuitlineNC

“This program has helped me! I’ve been smoking since I was 12 years old. I never thought that I would quit, but I have!”

“Nobody’s pushy; nobody’s judgmental; you don’t make me feel bad. You’re easy to talk to and encouraging.”

“I had been skeptical about calling, but then I heard someone else’s story of quitting through your program, and finally decided to call. ... I am sorry I didn’t call sooner!”

“Your team has been so helpful with my journey, and I could not be happier! I can taste and smell better than I have in years! My circulation has improved greatly, and I actually feel like getting outside and being active, not worrying about getting winded!”

“I have been quit for two years. If anyone can stay quit after all I have been through and stay quit, it is pretty amazing.”



## QuitlineNC

1-800-QUIT-NOW  
(1-800-784-8669)

TTY 1-877-777-6534

Spanish: 1-855-Déjelo-Ya  
(1-855-335-3569)

24 hours a day / 7 days a week

All calls are free and confidential.



NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES



NC Department of Health and Human Services  
Division of Public Health  
Tobacco Prevention & Control Branch  
1932 Mail Service Center, Raleigh, NC 27699  
Phone: 919-707-5400 • Fax: 919-870-4844  
[www.tobaccopreventionandcontrol.ncdhhs.gov](http://www.tobaccopreventionandcontrol.ncdhhs.gov)

NCDHHS is an equal opportunity employer  
and provider. • 4/20

## QuitlineNC

Smoking  
Vaping  
Chewing  
Dipping

**QUITTING**

**YOU  
CAN  
QUIT.  
WE  
CAN  
HELP.**



**1-800-QUIT-NOW**  
1 - 8 0 0 - 7 8 4 - 8 6 6 9

**Se Habla Español**  
1-855-Déjelo-Ya

**[www.quitlinenc.com](http://www.quitlinenc.com)**

# Should you call QuitlineNC?

Whether you smoke, vape, dip or chew, we can help you quit for good.



**We know ways to make it easier. We give you friendly support and practical tips that really work.**

**You'll get help that fits your needs. Everybody is different. The help we give is personalized for your situation. You may be eligible for nicotine patches, gum or lozenges at no cost.**

**QuitlineNC really works. People who get help from the Quitline are more than twice as likely to quit for good.**

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#### **Our help is confidential and no cost to you.**

Our services are free, including the call(s), coaching and the quit guide. We respect your privacy. Calls to the QuitlineNC are confidential.

#### **Are you ready to quit?**

Call and we'll help you make a quit plan.

#### **Are you not quite ready to quit?**

Call and we'll help you get started.

#### **Don't want to call?**

Enroll online and join the Web Coach program if you do not want to talk to a Quit Coach. You can receive helpful text messages and support through the Web Coach or QuitlineNC program.

#### **Have you tried to quit, and it didn't work?**

It can take more than one try to quit for good. Don't be discouraged. Call us. We'll help you learn from your experience and make a new quit plan.

#### **Have you already quit?**

We know it's hard for a while. If you need some help to stay tobacco-free, please call us.

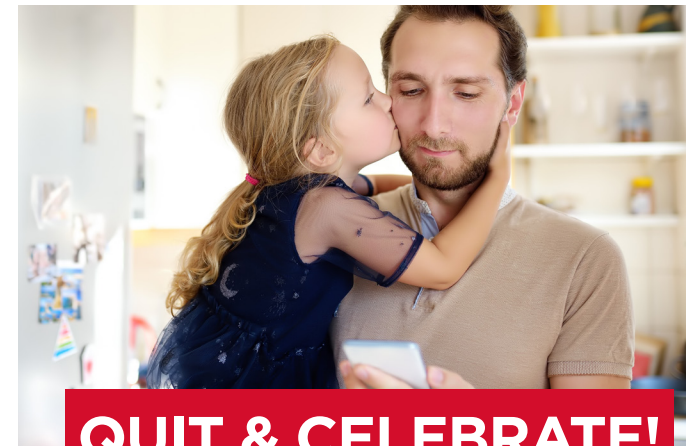
#### **Call QuitlineNC**

- Trained Tobacco Quit Coaches — English, Spanish and translation for more than 200 languages
- Receive coaching calls at times convenient for you.
- Web Coach available for on-line support
- Texting available for quit support
- You may be eligible for nicotine patches, gum or lozenges at no cost.

#### **Talk with an expert Quit Coach**

We know what you're going through. We don't nag or lecture. We help you feel more confident about quitting for good. There are different ways to quit. We'll help you make a quit plan that will work for you, including:

- Help you identify what triggers you to smoke, vape, dip or chew.
- Find ways to handle tough situations, like when you are feeling stressed.
- Talk about what hasn't worked and new things you could try.
- Tell you about medications that can help you quit.
- Find more resources to help you quit in your county.



**QUIT & CELEBRATE!**